




ENOSS

European Network of Sport Schools



**1st ENOSS
CONFERENCE**



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Dual Career & Well being The athlete's view

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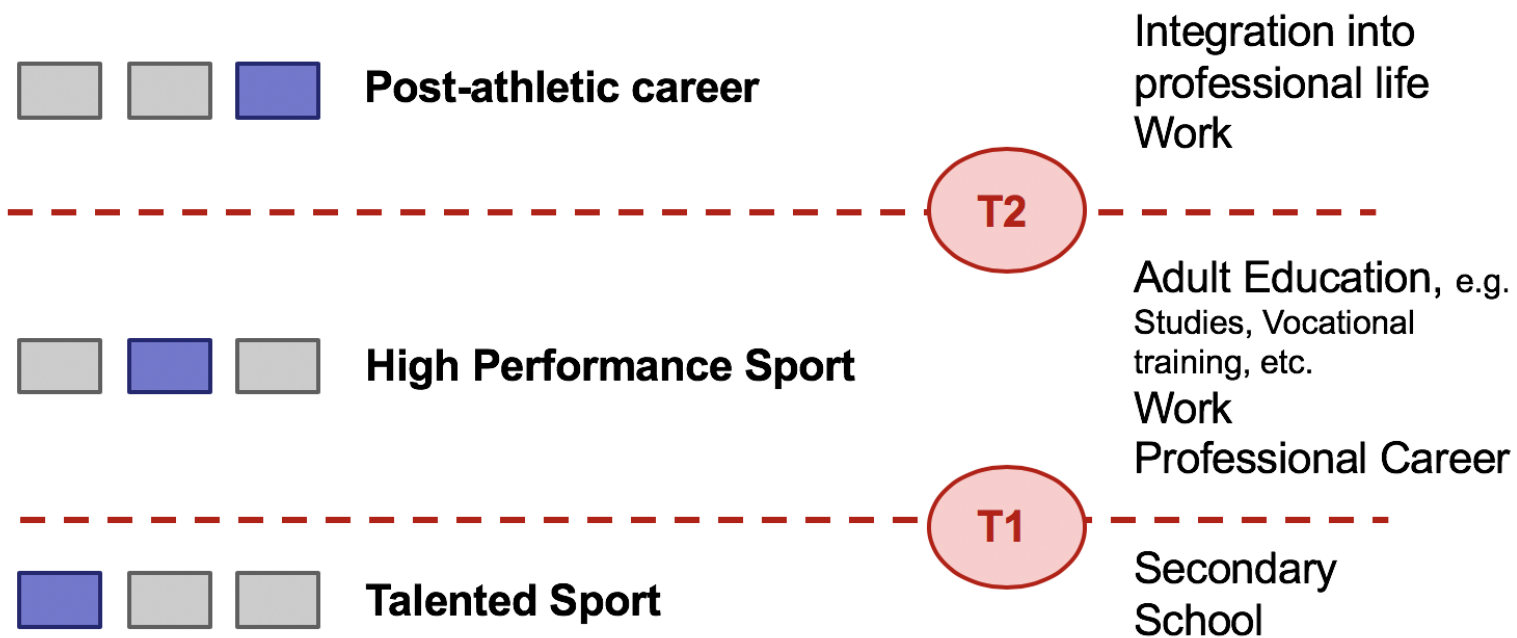
Dual Career Coordinator @ Luxembourg Institute for
High Performance in Sports
3-times Olympic Swimmer

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- Dual Career coordinator Luxembourg Institute for High Performance in Sports
 - Member of the NOC Athlete Commission
 - Former Chemistry Lecturer and teacher
 - 3-time Olympic athlete (2008, 2012, 2016)
 - European Championship finalist, World Championship semi-finalist



Dual career in sport is defined as *“the successful combination of education, training or work with sport to enable an individual to reach his or her full potential in life.”*

European Commission (2015)



Holistic Perspective

Development

Elite

Post-career

Challenges – Athlete's view

Age	to 11 years	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Athletic development	Initiation			Development				Mastery								Discontinuation									
Psychological development	Childhood		Adolescence				(Young) Adulthood																		
Psycho-social development	Parents, Siblings, Peers			Peers, Coach, Parents					Partner, Coach						Family, Employer										
Academic/ vocational development	Primary school		Secondary school					Studies				Vocational training, Profession													

Early vs late athletic/biological development – overtraining - team selections, etc.

Performance stress - Identity development – autonomy, etc.

Parental pressure – loss of family support - restricted peer network – lack of stable relationships

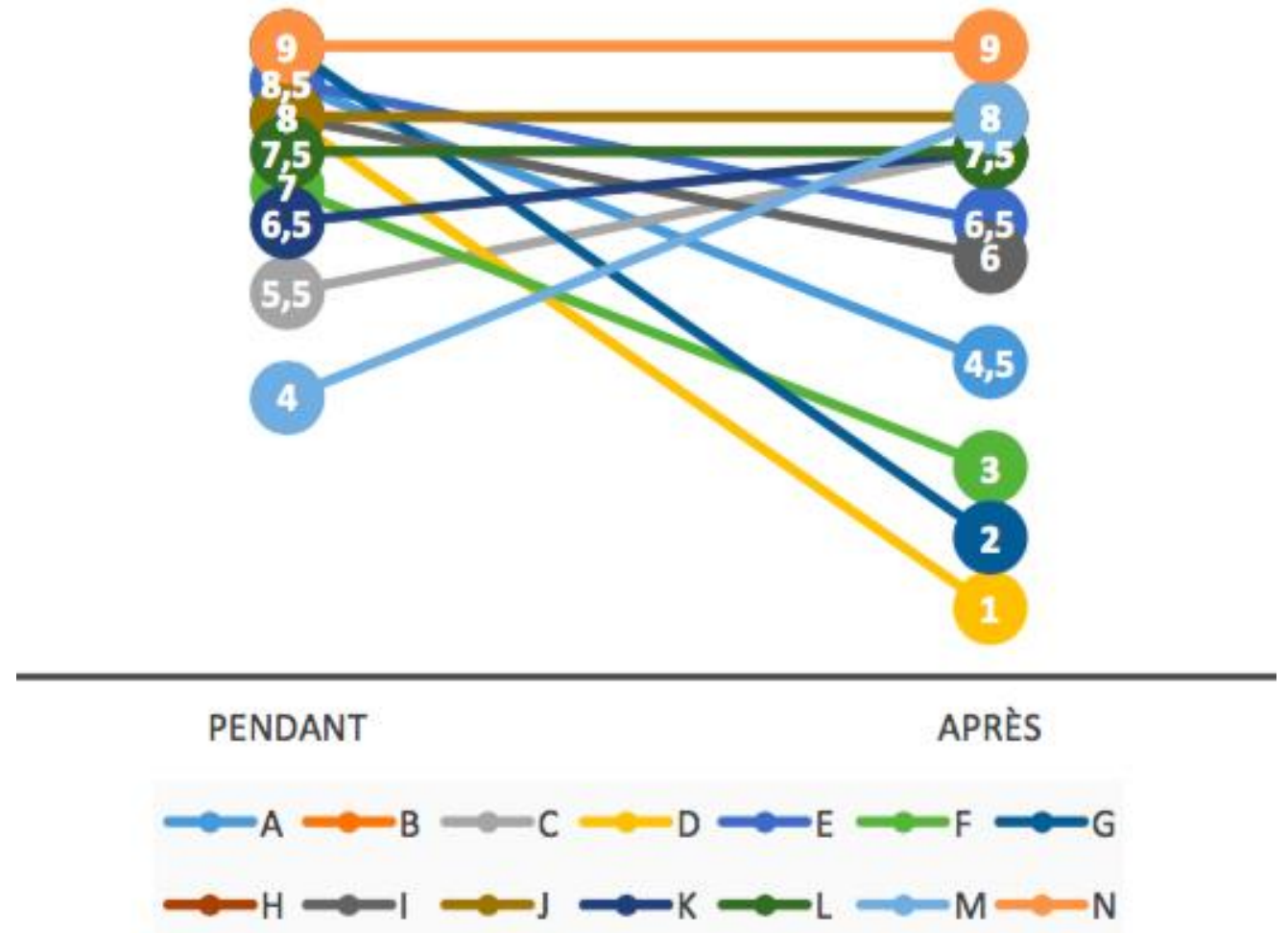
Dual Career School/Study – Elite Sport
Dual Career Work – Elite Sport
End of career transition

cf. sport-psychology model Wylleman&Lavallee

The evolution of the athlete's well-being

»On a scale of 0-10, how much would you put your self-perceived well being **during** and **after** your sport career? »

cf. Study by University Louvain (B) on retired Luxembourgish Olympic athletes 2000-2016





50%

of athletes do not
feel in control of
their lives 2 years
after the end of their
sports career

cf. Professional Players Association 2018

- Main reasons :
 - no plan B for after sporting career
 - involuntary retirement, due to injury, non - selection, etc.
 - loss of routine and change in body composition

“Everything came at once, you're no longer a professional athlete, you no longer have an athletic identity, but who are you? Your identity is limited to your name, whereas before you were popular, and everyone knew who you were. It is not only an identity crisis, but also a life crisis”

Anonymous Luxembourgish Olympic athlete

cf. Study by University Louvain (B) on retired Luxembourgish Olympic athletes 2000-2016



Dual Career - MORE THAN JUST AN ATHLETE

BETTER TODAY
BETTER TOMORROW

- **Personal**
A broad sense of purpose
Personality development
Greater life satisfaction
Intellectual stimulation
Less risk of mental problems
- **Sport**
Prophylaxis of injuries
Increased stability in times of crisis
Strengthening concentration
Less pressure (doping)
Commitment to sport
- **Successful future**
Building social networks
Acquisition of transferable skills
An easier transition to a professional career
Increased employability
Financial protection

Dual Career and Well being

"There was never any question of sacrificing studies for the benefit of cycling. I even experienced a shock when I finished my studies. At first, I struggled with the loss of social bonds, such as if I had lost a part of my personality."

Romain Bardet

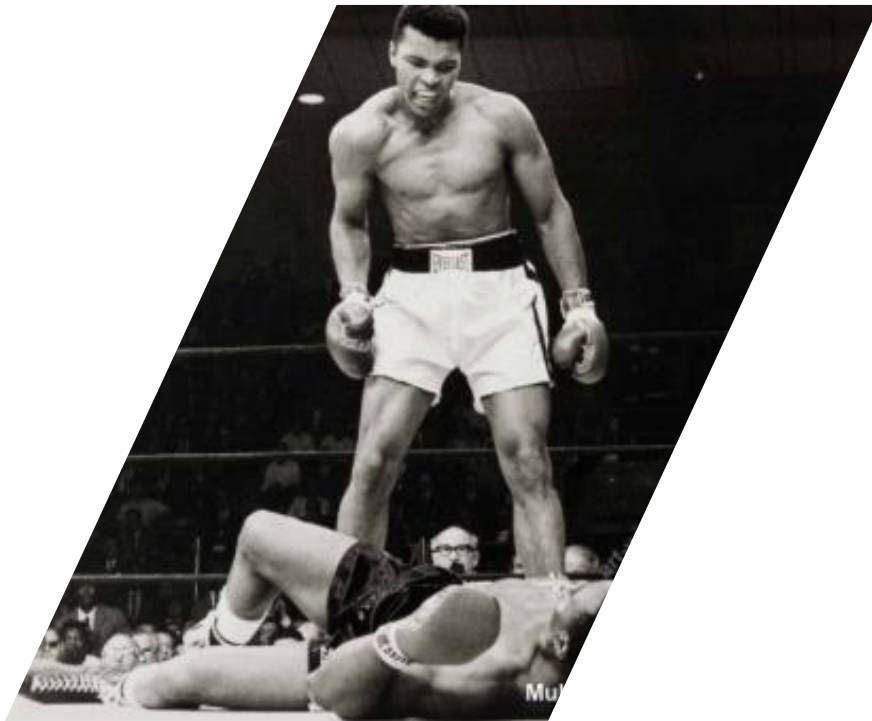
2nd Tour de France 2016

3rd Tour de France 2017



SPORTING ENGAGEMENT POSITIVELY RELATED TO MEASURES EXTERNAL TO SPORT

cf. AFPL 2014

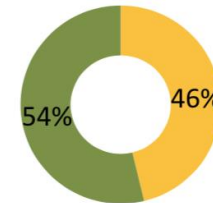


Performance of student-athletes at Olympic Games



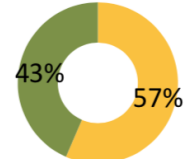
2008 Australian Olympic Team

- Athletes from University System
- Athletes not via University System



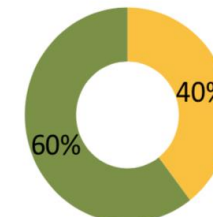
2008 Australian Olympic Medals

- Athletes from University System
- Athletes not via University System



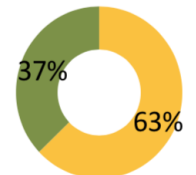
2012 Australian Olympic Team

- Athletes from University System
- Athletes not via University system



2012 Australian Olympic Medals

- Athletes from University System
- Athletes not via University System



Process – (Long Term) Athletic Development

(for the individual athlete)

“The dominant direction of athletes’ development depends on how effectively they make career decisions and cope with major transitions in sport and life.”

cf. R.J. Schinke 2017



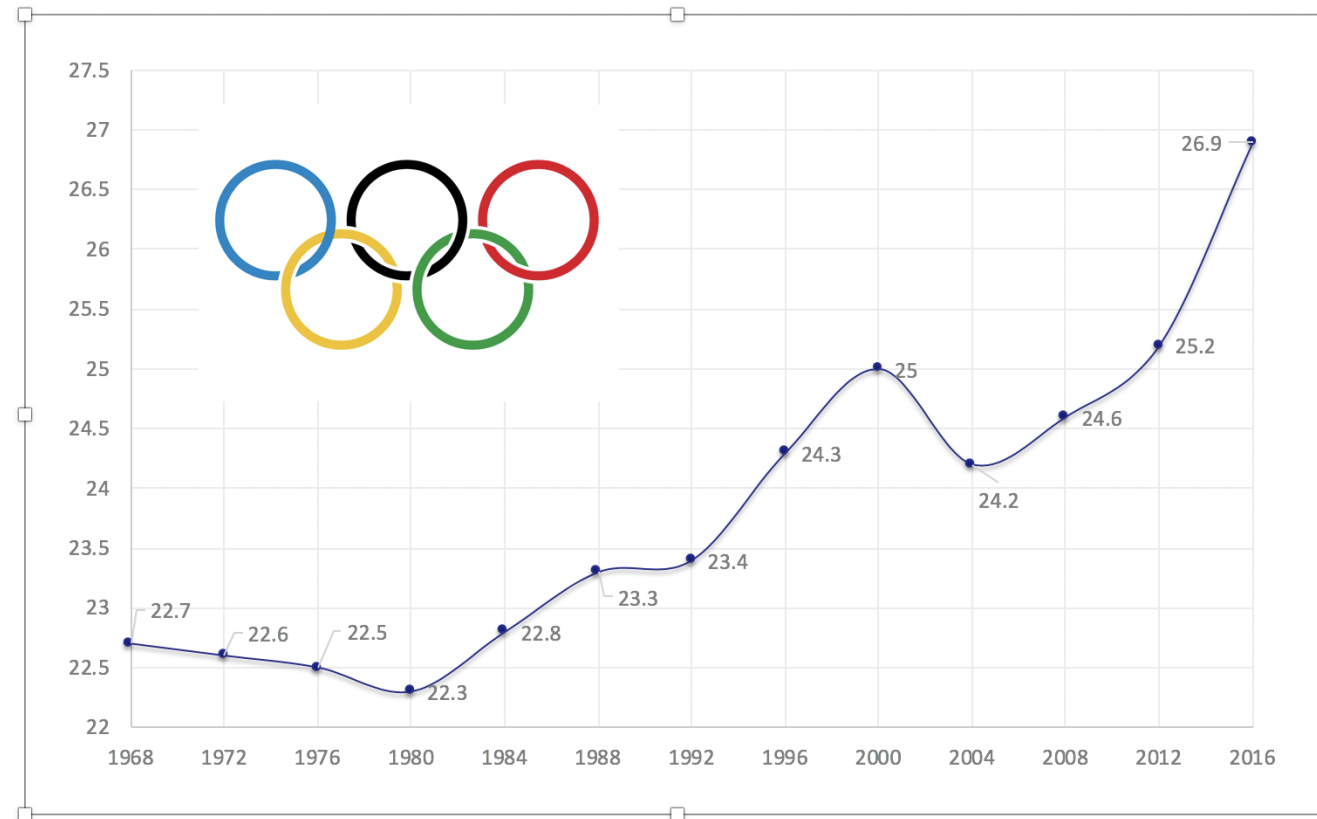


75-90%

of young talented athletes
drop out of sport within 5
years after the beginning of
performance-oriented
training

cf. Enokson 2011

Average age of Olympic athletes





Sport School development Luxembourg – Dual Career

- Support students in their dual career at secondary school
- Support and guide students in planning their dual careers after high school
- Sensitize and inform the main actors in the students' environment





Core objective

“Our students use their life skills for a successful school and sports career in which they are optimally supported by their environment.”



Objective 1

Our students understand their role as young talented athletes and students in their dual careers



Objective 2

Our students use their limited time effectively and sensibly



Objective 3

Our students can use all available support measures in a meaningful way



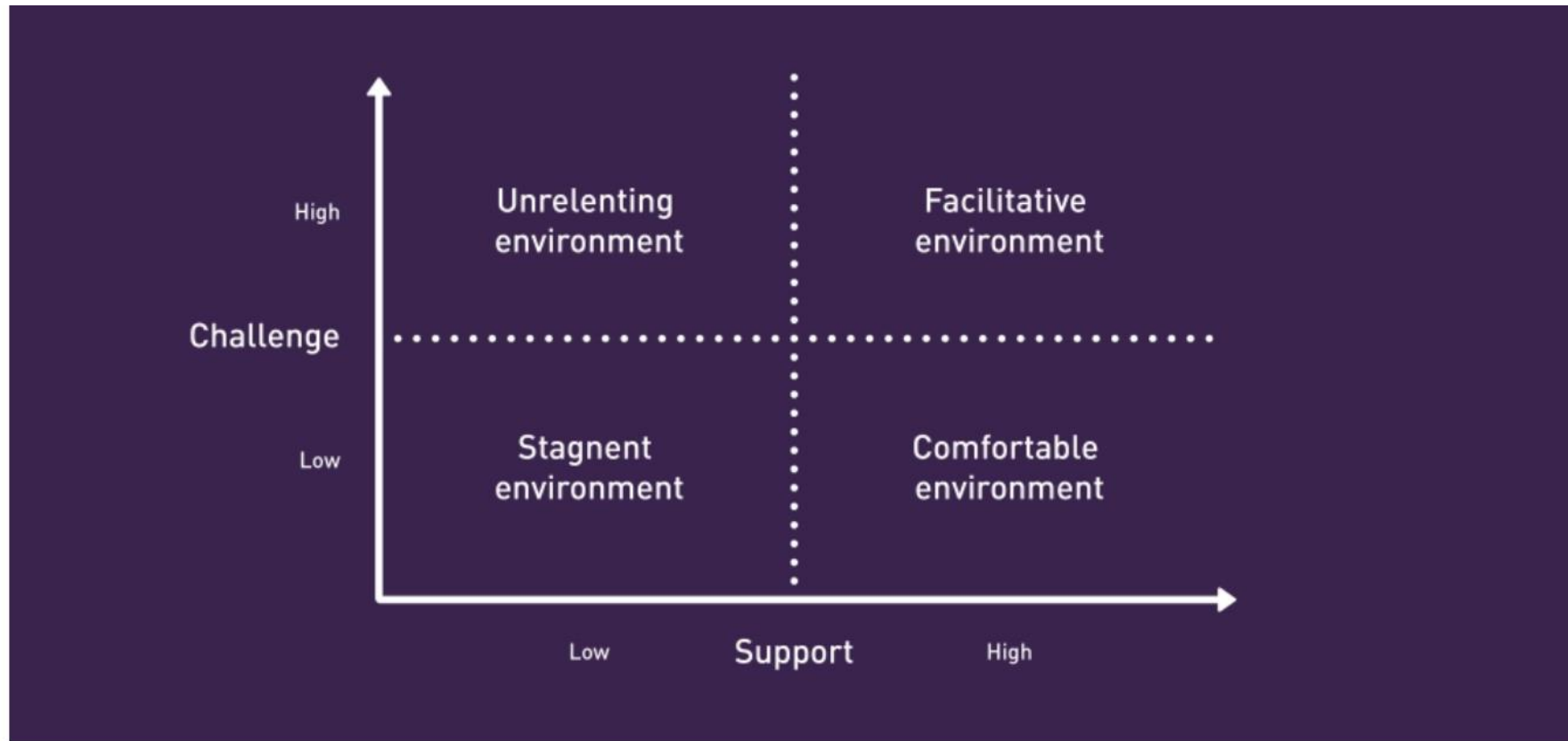
Objective 4

Important life skills for a successful combination of school and sport have been learned



Objective 5

The environment of our students is aware of the double charge and supports them in this optimal way



The right amount of support?

"Don't bet everything on your health, take control of your life and educate yourself. Learn and believe that education is also a way to become a better, more complete athlete."

Vincent Kompany, after graduating from his MBA
Captain of Manchester City and the Belgian National
Football Team





THANK You